



Swim Lesson Curriculum

Parent-Child/Tiny Tot Classes (6 months – 3 years)

Parent & Child: Student to Teacher ratio is 10:1 – Class time is 25 minutes

The Parent Child class is an interactive class designed for young children to gain confidence in and around the water. Emphasis is placed on learning through fun by using songs, games and colorful equipment we introduce the following skills: floating, breathe control, gentle submersions, survival skills and learning tips and tricks. Parents are required to participate in the water with your child during the class so come prepared to get wet and have fun.

Tiny Tot - Minnow: Student to Teacher ratio is 4:1 – Class time is 25 minutes

The Minnow level swim lesson is designed for children ages 2-4 who have taken our parent child swim lesson and have the confidence to begin learning swimming techniques on their own. This class will help your child transition to learning swimming skills such as floating, breathe control, survival skills and self-confidence as well as learning to sit and follow instructions from a swim instructor. Children will be required to be signed off from the parent child class prior to participating in this level.

Preschool Classes (3 – 5 years)

Student to Teacher ratio is 5:1 – Class time is 25 minutes.

Level 1 - Tadpole: This introductory class is for children who are new to swimming or nervous in the water. Our goal is to develop confidence, breath control and proper body position with instructor assistance. Positive reinforcement is critical to help the child build trust and confidence. Graduates will be able to do 10 relaxed bobs, front float for 5 seconds, get in the ready position, jump to teacher from the wall and relax in an assisted back float.

Level 2 - Turtle: This level is for children who are comfortable in the pool and will go underwater without the assistance of an instructor. This level focuses on learning basic stroke technique, improving floating skills, kicking strength and survival skills. Graduates will be able to back float for 10 seconds, do proper kicking techniques on their front and back, swim 5 yards front stroke unassisted to the wall and dive down to pick something up from the bottom of the pool.

Level 3 - Seal: This level is for children who are able to swim independently and are ready to learn the basics of all four competitive strokes. In this advanced level graduates will be able to swim freestyle with rollovers for 15 yards, swim backstroke 15 yards, elementary backstroke, dolphin kicks, breaststroke kicks, and safe sit dives

Youth Classes (6 – 12 years)

Student to Teacher ratio is 6:1 – Class time is 25 minutes.

Level 1 - Stingray: This level is to build confidence and learn basic water safety skills through fun and games. Graduates will be able to kick on their front and back 25 yards, jump in the water and recover safely, elementary backstroke, front crawl for 10 yards, tread water and swim underwater for 10 seconds or more.

Level 2 - Otter: This level focuses on introducing all four competitive strokes. Graduates will be able to swim 15 yards of freestyle with side breathing, 15 yards of backstroke, and know the breaststroke and dolphin kicks.

Level 3 - Dolphin: In this level, an emphasis will be placed on refining technique in all 4 competitive strokes. Graduates will be able to swim 25 yards of freestyle, backstroke, and breast stroke, as well as know the dolphin kick, and be able to tread water for 2 minutes.

Stroke Development: Student to Teacher Ratio is 8:1 - Class time is 30 minutes.

The stroke development class is for students who have advanced through the swim lesson levels and are able to swim 25 yards of freestyle with side breathing, backstroke and breaststroke. This level will refine stroke mechanics for all four of the competitive swim strokes. Endurance will be a key focus of this class and students will also be taught about the competitive world of swimming including competitive starts, turns, and specific stroke techniques.

Las Palmas Pool

Pre-Teen and Teen (12-17 years)

Student to Teacher ratio is 6:1 – Class time is 30 minutes.

Pre-Teen (12-14 years) and Teen (14-17 years)

The focus of each class is to build an environment for youth to practice swimming skills in a supportive, inspiring and non-competitive atmosphere while maintaining a healthy exercise routine.

Adult (18+ years)

Student to Teacher ratio is 8:1 – Class time is 25 minutes.

It is never too late to learn how to swim or to refine swim strokes. Whether you are a new to swimming or an experienced triathlete, our adult swim classes can assist you with your needs. Our adult swim lessons are a positive way to gain confidence and learn how to swim while in a supported environment

Private Lessons

Private lessons are a fantastic way for you or your child to achieve great results! Private lessons are available for open registration during our scheduled swim lesson hours. Private lessons requested outside of our scheduled times will be added to our waitlist and scheduled at the earliest convenience, when possible. When requesting private lessons please include ideal times, days, and instructor for you or your child to attend private lessons. We will do our best to accommodate your needs based on our staff availability and facility needs at the requested times.

Aquatic Policies

Payments: All payments must be made at the time of enrollment. Payments may be made in cash, check, or credit card and can be done in person at the facility or on line (card only). All lessons are first available on a first-come first-serve basis and spaces will not be reserved without payment. There are no refunds. We do not pro-rate for missed lessons or practices.

Child Supervision: All children must be under direct adult supervision at all times. Parents must be within the facility at all times while their children are participating in lessons. Only children 14 and older may be at the facility without an adult.

Weather: We do not cancel any swim programs for weather with the exception of electrical storms.

Photography: Unless otherwise specified in writing by the parent or guardian, Las Palmas Pool has permission to photograph your child for future use without compensation.

Holidays: Any holidays that coincide with class days are accounted for when pricing options are selected and you will not be charged for those days

Private Cancellations: To cancel a private lesson without charge, you must contact our Aquatics Manager at least 24 hours prior to your scheduled lesson. If you fail to cancel at least 24 hours in advance, you will be charged for the full session. There will be no make up for privates if the lesson is a no show regardless of reason.

Scheduling: Register in person or online. Private lessons requested outside of scheduled lesson times will be scheduled at the earliest convenience based on facility and staffing needs.

Group Lesson Make-Up: There are no makeups for missed swim lesson classes. Any group lessons cancelled by us will be credited for the missed day(s) on to the participants account.

Safety: Your child's safety is very important to us. No one is allowed in the pool without an instructor. Children cannot enter the pool before their lesson. When class is over, the swimmers must exit the pool. The instructors will need to start the next class and therefore cannot supervise them.